



DEPARTMENT OF THE ARMY  
HEADQUARTERS, U.S. ARMY MEDICAL DEPARTMENT CENTER AND SCHOOL  
AND FORT SAM HOUSTON  
2250 STANLEY ROAD  
FORT SAM HOUSTON, TX 78234-6100



IMSW-SMH-SO (385-10c)

11 OCT 2005

MEMORANDUM FOR SEE DISTRIBUTION

SUBJECT: Policy Memorandum – Formation Running and Jogging (**Change 1**)

1. The AMEDDC&S and FSH policy memorandum – Formation Running and Jogging, 10 November 2004, is changed to allow reflective belts be worn around the waist as follows:

Page 2, paragraph 5.e, change first sentence to – “All Soldiers that are running in a formation or individually during limited visibility, to include hours of darkness, will wear reflective vests or belts (worn diagonally from right shoulder to left hip or around the waist) as part of the PT uniform.”

Page 2, paragraph 6.c, change first sentence to – “All personnel will wear a reflective vest or belt (worn diagonally from right shoulder to left hip or around the waist) during limited visibility to include hours of darkness while running or jogging on the installation.”

2. File this change in front of the policy memorandum.
3. The proponent for this policy is the Installation Safety Office, 221-3857.

GEORGE W. WEIGHTMAN  
Major General, MC  
Commanding

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MCCS-BFE-S

10 NOV 2004

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SUBJECT: Policy Memorandum - Formation Running and Jogging

1. Purpose. To establish formation and running policies on Fort Sam Houston.
2. References.
  - a. Army Regulation 385-10, Army Safety Program
  - b. Army Regulation 670-1, Wear and Appearance of Army Uniforms and Insignia
  - c. HQ, AMEDDC&S and FSH Pamphlet 600-1, Military Standards
  - d. Texas Transportation Code - Tex. Transp. Code § 552.001-552.009 (2004)
3. Applicability. This policy will pertain to AMEDDC&S, FSH Garrison, and tenant organizations.
4. Designated Physical Training Running Routes.
  - a. Williams, W.W. White and Nursery Roads on FSH are known as "the loop." Approximately 3,000 soldiers use the loop during early morning hours (dawn) for physical training (PT) on Monday through Friday. Vehicles are prohibited from driving on "the loop" during the hours of 0530-0630. All physical training formations will run counter clockwise when utilizing the loop. Formations will utilize road guard equipment with reflective vests and flashlights. Trained guards provided by 32<sup>nd</sup> Medical Brigade must be located at all intersections to control vehicle traffic.
  - b. Stanley Road is also closed to traffic from 0530-0630 on Monday, Tuesday, Wednesday, and Friday for unit physical training. Traffic may cross Stanley during these hours only at Schofield and New Braunfels. Formations will utilize road guard equipment with reflective vests and flashlights. Trained guards provided by 32<sup>nd</sup> Medical Brigade must be located at all intersections to control vehicle traffic.
5. Military personnel participating in PT will observe the following:
  - a. Formations running on FSH are restricted to the approved routes in paragraph 4.

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b. Road guards will be posted to the front and rear of the formation to alert vehicular traffic to slow down. Road guards will be at least 25 meters ahead and behind of the formation. Road guards will wear reflective vests, and during hours of darkness, will carry cone lights.

c. During PT, runners must completely clear the roadways when emergency vehicles, responding to an emergency with flashing lights, are approaching.

d. When running in ability groups, there will be a minimum of two Soldiers in the group to serve as the running road guards to replace current road guards at intersections. Road guards will adhere to the requirements set forth in paragraph 5b, above.

e. All Soldiers that are running in a formation or individually during limited visibility, to include hours of darkness, will wear reflective vests or belts (worn diagonally from right shoulder to left hip) as part of PT uniform. Commanders are responsible for ensuring that running formations have adequate visibility while conducting PT formations on FSH.

f. Running in parking lots is not permitted unless specifically designated and secured.

6. Joggers/runners running on their own will observe the following:

a. No more than two people running abreast on sidewalks or authorized roadways.

b. When using authorized roadways, run facing oncoming traffic and yield to vehicular traffic prior to crossing roads.

c. All personnel will wear a reflective vest or belt (worn diagonally from right shoulder to left hip) during limited visibility to include hours of darkness while running or jogging on the installation. The vest or belt must be visible from the front and rear and unobstructed by clothing or equipment.

d. Wearing of headsets of any type while on installation roads is prohibited. Headsets may be worn while running on off-road track areas. Headsets and personal stereos are prohibited in physical fitness uniform at all times in accordance with AR 670-1, paragraph 1-9, a, 2, b.

e. Jogger/runners must yield the right-of-way to all vehicles.

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f. Pedestrian traffic rules for the State of Texas apply to individual joggers/runners. Vehicles must stop for pedestrians in crosswalks; however, pedestrians must yield to vehicles entering intersections and crosswalks ahead of them.

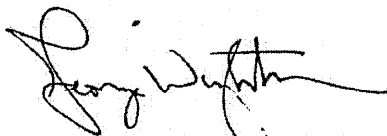
7. Roadways are designed primarily for vehicular traffic. The use of sidewalks, PT tracks, closed run routes, and open fields are recommended.

8. Prohibited Jogging/Running Areas. Jogging or running on Stanley, Dickman, Artillery Post, Winans, Wilson, Scott, North New Braunfels, Harry Wurzbach, Schofield, and George Beach Drive roads is prohibited (except when running the designated run routes per paragraph 4 above during the hours of 0530-0630.) However, joggers may run on sidewalks or on the grass along the roads mentioned above. There is a greater risk of injury when running adjacent to streets containing access control points during rush hour.

9. All motorists will adhere to posted speed limit signs and passing troop formations at 10 MPH.

10. This policy will not apply to Morale/Welfare/Recreation sponsored running events. These events will be coordinated and planned to ensure the safety of all participants.

11. The proponent for this policy is the Installation Safety Office, 221-3857.



GEORGE W. WEIGHTMAN  
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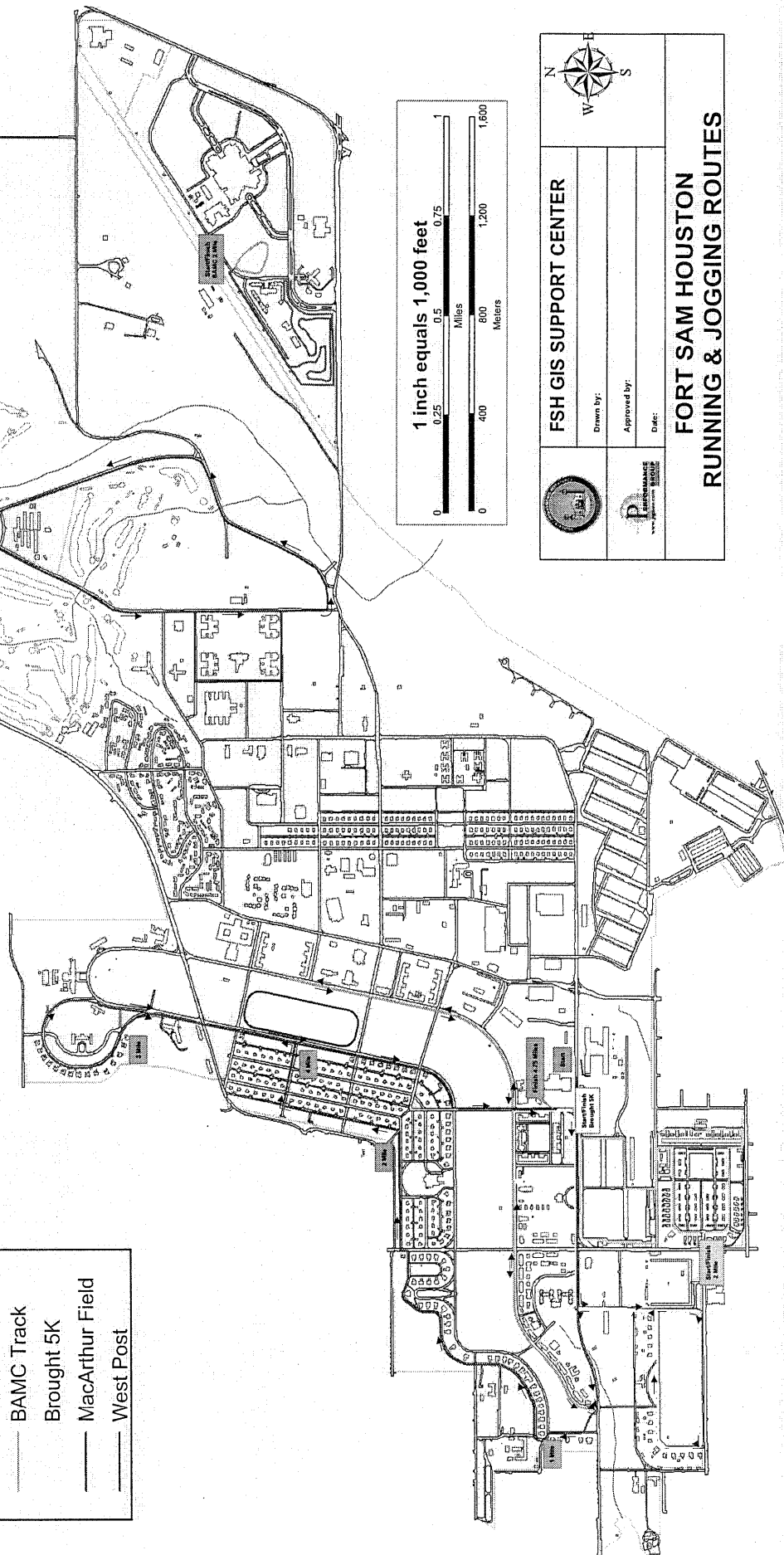
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# FORT SAM HOUSTON PT AND RUNNING ROUTES

## Running/PT Routes



- 187th BN PT
- BN PT (Week Days 0530-0630)
- 232nd BN PT
- BN PT (Week Days 0530-0630)
- 600 Area 2 Mile
- BAMC 2 Mile
- BAMC Track
- Brought 5K
- MacArthur Field
- West Post



1 inch equals 1,000 feet

0 0.25 0.5 0.75 Miles

0 400 800 1,200 1,600 Meters

	FSH GIS SUPPORT CENTER		
	Drawn by:	Approved by:	Date:
			
<b>FORT SAM HOUSTON</b> <b>RUNNING &amp; JOGGING ROUTES</b>			